

ASK, ADVISE, REFER

Tobacco Cessation Intervention



ASK

Ask about tobacco use at every visit

- “Have you used a tobacco product in the past month, including vapes (such as e-cigarettes, pens, or JUULs)?”
 - If **YES** to vapes: “Do you use nicotine, marijuana, or both?”
 - If **NO**: “Do you live with someone who smokes or vapes?”

ADVISE

Advise to stop tobacco use or exposure

- “Quitting is one of the best things you can do for your health.”
- “Smoke or aerosol can inflame your heart and lungs. Make a smoke-free home.”

REFER

Refer to support that doubles the chances of quitting

- “The California Smokers’ Helpline can help you with a free plan to quit smoking or vaping. They can also talk about medications to help you quit. Can they call you?”
 - If **YES** to referral order: “The Helpline will call you in a couple days.”
 - If **NO**: “The Helpline has a text program. Text ‘QUIT NOW’ or ‘QUIT VAPING’ to 66819.”